



Cannon Care Group

February 2015

An open forum to enhance your Health Care delivery.

SPECIAL POINTS OF INTEREST

LUNCHEON TOPICS:

- Have a Cold?
- New Parent Support Program
- Chiropractic Care
- EKG Services
- Appointments 101
- Allergy Testing
- Dental Care
- Did you know?

CLINIC CLOSURES:

- **4 Feb:** MDG Training Day
(*closed ALL DAY*)
- **13 Feb:** Wing Safety Day
- **16 Feb:** Presidents Day

SPECIAL EVENTS:

- **4, 11, 18, 25 Feb:** Couples "PREP" workshop (1400-1600)
- **5 Feb:** Extended Hrs Clinic(1700-2000)
- **11 Feb:** Family Advocacy Safety Education Seminar (0800-1200)
- **11 Feb:** Cannon Care Group Luncheon (1130-1300)
- **12 Feb:** OB Orientation (1430-1600)
- **12 Feb:** Breastfeeding Class (0800-1200)
- **26 Feb:** OB Orientation (1430-1600)



Cannon Care Group Luncheon

February 11th, 2015

11:30 a.m.-1:00 p.m.

The Landing Zone

Monthly Luncheons will be held
the 2nd Wed of each month.

HAVE A COLD?

Get over-the-counter medications for cold or flu symptoms without seeing a provider.*

Complete 10 minute CBT on laptop located in the clinic atrium or via the Cannon Air Force Base website at

<http://www.cannon.af.mil/Home/27thSpecialOperationsMedicalGroup.aspx>.



*You must see a provider if:

- ◆ Pregnant/Breastfeeding
- ◆ PRP/Flying Status
- ◆ Shortness of breath not due to nasal
- ◆ Symptoms ≥ 7 days in duration
- ◆ Chronic illness (Asthma/COPD, High
- ◆ Less than 18 or greater than 55 yrs old

NEW PARENT SUPPORT PROGRAM

The New Parent Support Program (NPSP) is a home-based program for military beneficiaries who are expectant parents and/or parents of children from birth to three years of age.



Family benefits include: coaching, mentoring, role modeling skills, education and counseling. Lending library materials are also available!

Activities available include: access to the play group, convenience of home visitation, and new parent classes.

Home-based interventions are diverse and tailored for each family as they adapt to parenthood and changes in family dynamics within a military environment. While in the home, many teachable moments and opportunities are available for NPSP staff to assess, support, and provide anticipatory guidance and link families to available community services.

For more information or to sign up for this service, please contact **Ms. Kayla Peel at (575) 784-1108.**

CHIROPRACTIC CARE

Unfortunately, chiropractic services are **NOT** a covered TRICARE benefit. Certain Air Force Medical Centers have these services available as a result of residency training requirements; however, those services are typically reserved for Active Duty and are on a space available basis for dependents.

ELECTROCARDIOGRAM (EKG) SERVICES

EKG services are available in the clinic to both Active Duty and dependents! If you would like to schedule an EKG, please make an appointment with your PCM by calling (575) 784-2778. Common reasons EKG's are performed include:

- ◆ history of heart disease
- ◆ symptoms of heart disease
- ◆ shortness of breath/chest pain
- ◆ irregular heartbeats/palpitations

APPOINTMENTS 101

(575) 784-2778

Walk-In Services 0730&1300

No appointment needed!

Sore Throats, Vaccinations, BP Check, Pregnancy Tests, Urinary Tract Infections, Weight Checks

Nurse Triage (Telephone Consults)

Appointment may not be needed!

Nausea/Vomiting/Diarrhea, Cold Symptoms, Urgent Care Referrals, ER Follow-Ups, Med Refill

Medical provider/nurse will triage to determine urgency of care based on described symptoms.

Non-Emergent Urgent Care: 24 Hrs

35 appointments available daily at 0700!

Injuries or illnesses requiring immediate care, but not serious enough to require an ER visit

New Non-Urgent Care: 7 Days

Need to see a provider, but not necessarily today.

Well Visits: ≤ 28 Days

Schedule 120 days in advance!

Preventive, health maintenance, physical exam, check-up screening, well-baby.

ALLERGY TESTING

Limited allergy testing services are available for **adults only** at the 27 SOMDG Clinic. Available tests include: grasses, trees, weeds, mold, dust mites, dog/cat, and cockroaches.

Active Duty and Dependents **MUST** make an appointment with their PCM and meet certain criteria if they are interested in testing. TRICARE Prime Beneficiaries must get a referral from their PCM to see an allergy specialist.

TRICARE Standard and other beneficiaries may get testing at any TRICARE authorized provider, but annual deductibles and cost shares apply. For more information on allergy services offered through TRICARE, please visit the following link:
www.tricare.mil/mybenefit/allergy.

DENTAL CARE

Dependents

Dependents may be seen in the clinic for overseas clearances and emergency situations only. Dental coverage for dependents may be obtained through TRICARE Dental Program (*i.e.*, *Met Life*).

Who is Eligible for TDP?

- Family members of active duty uniformed services personnel
- Family members of National Guard and Reserve members
- National Guard and Reserve members who are not on active duty

**Family members include spouses, unmarried children (including stepchildren and court-ordered wards), and unmarried children ages 21 and 23 (if the child is enrolled full time in college).*

Covered Services	Cost-Share for Pay Grades E-1 - E-4	Cost-Share for Pay Grades E-5 and above	Cost-Share for OCONUS Command Sponsored
Diagnostic	0%	0%	0%
Preventive	0%	0%	0%
Sealants	20%	20%	0%
Consultation/Office Visit	20%	20%	0%
Post-Surgical Services	20%	20%	0%
Basic	20%	20%	0%
Endodontic	30%	40%	0%
Periodontic	30%	40%	0%
Oral Surgery	30%	40%	0%
General	40%	40%	0%
Intravenous	50%	50%	0%
Miscellaneous Services (occlusal guard, athletic mouth guard)	50%	50%	0%
Other	50%	50%	50%
Implant Services	50%	50%	50%
Prosthodontic	50%	50%	50%
Orthodontic	50%	50%	50%

How to enroll in TDP:

- **Online** (stateside only): Visit www.tricare.mil/bwe to access the Beneficiary Web Enrollment (BWE) website.

Phone: Contact a MetLife customer service rep at 1-855-MET-TDP1(1-855-638-8371)

- ***Mail:** Download the Enrollment/Change Authorization For TRICARE Dental Program document available at www.tricare.mil/forms. Mail the completed document along with the initial premium payment (check, money order, or credit card) to:

TRICARE Dental Program
Enrollment and Billing Services
P.O. Box 14185 Lexington, KY 40512

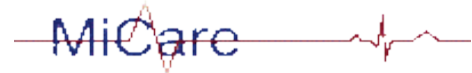
Clinic Services for Active Duty

- Annual Exams/Cleanings
- Minor surgery
- Minimal dental prosthetics
- Fillings
- Mouth Guards

Wait times are 5-7 days for any of the services listed above. To schedule a procedure, you may call the Clinic Appointment Line (575)784-2778 or the Dental Clinic front desk (575-784-4041).

DID YOU KNOW?

The MDG has a Patient Handbook that provides information and phone numbers for all clinic and support services. handbook is posted at <http://www.cannon.af.mil> under the Cannon Clinic quick link.



MiCare is a service that allows you to:

- ◆ Send a message to your provider (or your children's provider). Providers will respond in 24 hrs or less!
- ◆ Schedule appointments
- ◆ Request prescription refills/referrals
- ◆ View/Print Your Health Records

Dependents may only be linked to one account.
Sign up today at the following link:

<https://app.relayhealth.com/welcome.aspx>

Family Advocacy Classes

February 2015

To Sign Up Call: (575) 784-2474

Children

Family Advocacy Safety Education Seminar F.A.S.E.S.

Overview of coping skills to promote resiliency in families.

Topics covered include: Anger Management, Stress Management Family Maltreatment Parenting Styles Discipline for Children, and Healthy Communication in Relationships

Who: AD, Dependent (18 or older)

Where: Clinic, Wingman's Conf. Rm.

When: **11 February** from 0800-1200

Note: This is a ONE session class

Breastfeeding Class

Learn breastfeeding techniques, breastfeeding positioning, community support groups and benefits of breastfeeding for the mom and baby.

Who: Pregnant mothers (≥ 30 weeks)

Where: Clinic, Wingman's Conf. Rm.

When: **12 February** from 0800-1200

Note: This is a ONE session class

Relationships

Couples Workshop!! "PREP"

Couples, attend this workshop to identify and enhance existing strengths and to increase your critical life and relationships skills!

Learn how to successfully communicate with your significant other and manage conflict.

Learn your personality characteristics and how they compare with your significant other!

Who: Couples Preferred

Where: Clinic, Wingman's Conf. Rm.

When: **4, 11, 18, 25 February** from 1400-1600

SPOUSE POC'S

27 SOW: Tricia Bauernfeind Maree Scanlan	73 SOS: Crystal Perry Luke Essie
27 SOCS: Kristen Uhrig	318 SOS: Beth Clark
27 SOMSG: MaryHannah Olsen Lisa Jansheski Brynne Walker	27 SOLRS: Kathleena Thompson
27 AOS: Priscilla Swantner	56 SOIS: Maggie Kiser
27 SOMXG: Krystina Ferrari	16 SOS: Tisha Thompson Jessica Sparks
551 SOS: Amy Filice Nicki Rosa-Miranda	27 SOSS: Michelle Knox Sarah Berg
20 SOS: NicoleVandenbemden	33 SOS: April Madrid Stacy Zevetchin

If you would like to become a POC for your unit, please send your name, e-mail, and phone number to misti.neill@us.af.mil.

MEDICAL GROUP POC'S

To reach the following areas within
TRICARE Operations and Patient Administration (TOPA)
Office, please call (575) 784-6975.

TOPA Flight Commander & Patient Advocate: Capt Misti Neill

Beneficiary Counseling Assistance Coordinator: Ms. Rundell-Williams

Group Practice Manager: Maj Wendy Franke